



Sunday Gospel Background

In Sunday's Gospel, Jesus reminds us that he has come to redeem, not to judge. He speaks of light and darkness, noting that those who live in the light are his followers. Jesus is the very best sign of God's love. Sunday's Gospel compares Jesus to a light in the darkness. Jesus is like a light that shows us how to live happy, loving lives. We live in God's light when we follow Jesus' teachings and the Ten Commandments. Look for opportunities outside this week's lesson to talk about the rules your family follows at home, school, work, in the community, on the road, etc., and offer affirmation when your child keeps the Ten Commandments.

Editor's Note: This Sunday is Laetare Sunday. *Laetare* refers to rejoicing. At Mass, we'll see the liturgical color rose, a sign of our joy. Christians rejoice in the salvation gained for us by Christ's suffering, Death, and Resurrection.

Share Experiences

Check off the boxes as you complete each part of the lesson.

- Pray together** "Loving God, thank you for loving us. Help us treat others with love. Help us follow Jesus' example and keep the Ten Commandments. Amen."
- Cover Activity • Stop, Slow, or Go? (page 1)** Invite your child to look at the traffic light at the top of page 1 and review what each color means. Explain that each child here has a choice to make: stop, slow, or go. Have your child color the traffic light next to each picture according to what choice the child(ren) should make. (Some pictures are open to interpretation.)
- Story • Four-Square Trouble (page 2)** Invite your child to look at the picture on page 2 and read aloud the title. **Ask:** What do you think the trouble is? Read aloud the story together, switching readers at each paragraph.
- Discuss the *Know* questions related to the story.** Then **ask:** What do you think Jesus would do? Would he make Four Square a boys-only game? Would he tell the teacher about the boys, or would he encourage the children to work it out themselves?

Discover Gospel and Doctrine

- Connecting Gospel and Doctrine (page 2)** Read and discuss "Jesus Is Our Light." Emphasize that God wants us to be happy. He gives us Jesus and the Ten Commandments to lead us to happiness—like a light that guides us in the darkness.
- Sunday Gospel • Come to the Light (page 3)** Talk about ways your family and your child show love for others. Examples might include listening when others are speaking, taking care of common areas of your home, or not laughing at another's mistakes. Then take a moment of quiet together to think of one way each of you might change to follow Jesus better during these last weeks of Lent. Proclaim the Gospel by reading the parts aloud together. Have your child underline the words next to Jesus 2. You will return to these words later.
- Discuss the *Know* questions related to the Gospel.** Talk about ways we can slow or stop ourselves when we're tempted to hide bad actions. *We can change our choices to those that follow Jesus' rules for us.*
- Activity • Memory Verse (page 4)** These are the words your child underlined in the Gospel. They are a summary of what the Good News of Jesus is. Read the verse aloud together and encourage your child to memorize it.



- **Catholic Faith Word • Ten Commandments (page 4)** Have your child find and read the definition.



- **Open** the *What the Church Believes and Teaches* handbook to page 31. Lead your child through the Ten Commandments, reading what each requires of us. Ask for examples of how your child can keep each commandment. Make it clear that fighting, getting even with someone, or hurting another's feelings are all sins against the Fifth Commandment. If your child asks what adultery is, explain that the word only applies to adults, but respect for one another and our commitments applies to children too. The Eighth Commandment mentions false witness. This originally meant not committing perjury by telling lies in court. Now it means any kind of lie.

Explain that we can stay on track following the Ten Commandments by examining our conscience. This means asking ourselves questions about how we follow each Commandment. Using the examples you talked about earlier, work with your child to develop a list of questions that can form an examination of conscience. For example, for the First Commandment, you might ask, "Do I trust in God's love and care, even when things are not going well in my life?" You might wish to write down your questions. Encourage your child to think about these questions honestly every night, then say an Act of Contrition, trusting in God's help to do better the next day.

Once you have completed this section of the lesson, close the handbook and return to Good News, page 4.

Live the Gospel

- **Activity • The Ten Commandments (page 4)** Explain that as a Jewish man, Jesus kept the Ten Commandments. As Jesus' followers, we should keep them too. Have your child use the code to fill in the blanks. **Answers:** 1. heart, 2. name, 3. holy, 4. honor, 5. kill, 6. adultery, 7. steal, 8. lie, 9. take, 10. property. **Ask:** What do the first three commandments tell us to do? *Love, honor, and respect God.* **Ask:** What do the rest of the commandments tell us to do? *Love and respect other people.*
- **Activity • Lenten Calendar (page 3)** Invite your child to guess this week's Lenten word—*GIVE*. Read the suggestions aloud and remind your child to do each giving action before adding its square to the Lenten calendar.
- **Closing Prayer** Say the prayer together. Then say the Our Father together.

Parent: Jesus, you are our light...

Child: Jesus, you are our light.

Parent: When we want to hide our sins in the dark...

Child: Help us turn to your light.

Parent: When we are tempted to be unkind...

Child: Help us turn to your light.

Parent: When we don't want to obey...

Child: Help us turn to your light.

All: Jesus, you are our light and our joy. Thank you for the gift of your love. Help us follow your teachings and trust you to lead us to live in your light. Amen.



Parent Resources

For weekly videos, assessments, and more, scan this code or go to pflaumweeklies.com/family
Visit www.usccb.org/bible/readings to read this Sunday's Scripture